Spring 2019 – 5,202 USHE Students

“felt overwhelming anxiety” 63%  
“felt so depressed it was difficult to function” 46%  
“felt overwhelming” 90%  
“Very lonely” 66%  
“seriously considered suicide” 15%  
“felt things were hopeless” 57%  

American College Health Association National College Health Assessment, Degree Granting Institutions
Where have we been?

- **Nov. 2016**
  - **H.C.R. 16** declares mental health a “public health crisis at higher education institutions”

- **Sept. 2017**
  - **Board of Regents Mental Health Taskforce**
  - 6 Regents, 2 VPs, 8 SMEs

- **Mar. 2017**
  - Board adopts mental health recommendations

- **Jan. 2018**
  - **SafeUT App** rolled out at UU
  - **SafeUT** available for other institutions by end of year

- **Nov. 2019**
  - Institution submit 5-year mental health plans

- **Jan. 2020**
  - Statewide USHE/JED Partnership replaces 5-year plans

- **Sept. 2020**
  - Peer-to-peer intervention Pilot (DSU)

- **Jan. 2020**
  - **Statewide USHE/JED Partnership** replaces 5-year plans

- **Mental Health Online training pilot**

- **Institution submit 5-year mental health plans**

- **Board adopts mental health recommendations**

- **SafeUT App rolled out at UU**
JED Foundation Partnership

- 4-year partnership with degree-granting USHE institutions announce Jan. 2020
- Adopted by over 300 institutions
- Generously sponsored by the J. Willard and Alice S. Marriott Foundation
- COVID impact has delayed implementation
STRATEGIC PLANNING

JED
COMPREHENSIVE APPROACH

- Develop life skills
- Promote social connectedness
- Restrict access to potentially lethal means
- Identify students at risk
- Follow crisis management procedures
- Increase help-seeking behavior
- Provide mental health and substance abuse services
JED Foundation Partnership

• 2 Dedicated Campus JED Reps for USHE
• Baseline assessment (in-process)
• Health Minds Study (4 completed in spring, 4 this fall)
• Campus visits – postponed due to COVID, virtual visits getting underway
• Comprehensive feedback report, strategic plan priorities and in-person convening – Spring 2020
• Provide consulting expertise to institutions in integrating outside providers (Trula, SafeUT, EVERFI)
SafeUT

- Established in 2015 – to K-12
- Implemented at U of U Jan. 2017, remaining USHE institutions by Dec. 2017
- Closest service to a *statewide* 24/7 warm-line
- Now available to Utah Nat’l. Guard and public safety officers
- In 2019, SafeUT responded to 24,406 chats and 12,250 tips of school aged children reaching out for help.
- Higher ed use comprises 8% of app utilization (56% of USHE use is UU)

- 12 Utahns are treated for suicide attempts every day.
- 2nd leading cause of death among 18–24-year-olds in Utah.
- Men ages 18–24 have a suicide rate 4x’s higher than females.
- Females ages 18–24 have a 50% higher emergency room visit rate for suicide attempts.
### EVRERFI Mental Health & Well-Being Online Course for Students (1 Year Pilot)

- **45-minute online training/awareness for incoming undergraduate students**
- **Informs learners about common mental health challenges, promotes self-reflection and awareness to recognize shifts in their well-being.**
- **Helps learners identify early signs of distress in others and teaches them to respond with supportive and empathetic language and behavior.**
- **Funded via grant from Utah Dept. of Human Services**

<table>
<thead>
<tr>
<th>College</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Davis Technical College</td>
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<tr>
<td>Weber State University</td>
<td>$18,630</td>
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</tbody>
</table>

UU: self-funded
Opted out:
- Bridgerland Tech
- Mountainland Tech
- Tooele Tech
- Utah Valley University
Peer-to-Peer Intervention (2-Year Pilot)

- 1st year – DSU | 2nd year TBD
- Scholarships for student who serve as peer referral/intervention specialists
- Legislative appropriation directed to local nonprofit via USHE
- Seeking JED partnership
- Expected scale to 50,000 student body at 2–4 institutions by June 2022